FAMILY DYNAMICS/STRESSORS

Raising a family can be rewarding and demanding even in healthy social and economic climates, so stressful times can make things much more challenging. Families who cope with stress in healthy ways can not only promote better adjustment and happiness for themselves, but also promote the development of important habits and skills in children and adults.

Participants will learn:

• Signs of stressors and causes
• How taking small, manageable steps to a healthier lifestyle, can help towards achieving goals to be mentally and physically fit
• Examples of coping mechanisms and its benefits

WORKSHOP INFO

Tuesday, October 23, 2018
6 PM - 9 PM
The Arc’s Seton Employment Center
6151 Metro Dr., Baltimore, MD 21215

Dinner & limited child care provided
(attached childcare form must be completed Friday prior to event).

RSVP

Swanisha Hinton
410-296-2272 ext. 5306
Fax: 443-279-3422
shinton@thearcbaltimore.org

Pre-registration is required.
*Canceled if county or city schools close for inclement weather.
DIRECTIONS

The Arc Baltimore Employment Center
6151 Metro Drive
Baltimore, Maryland 21215
410-653-3252

FROM BALTIMORE CITY

- 83 North to Northern Parkway (West)
- Northern Parkway to Metro Drive (marked by sign that says Seton Business Center)
- Right onto Metro Drive and follow to the end to 6151 Metro Drive (approx. one mile from the intersection of Northern Parkway & Metro Drive)

FROM DISTRICT OF COLUMBIA & OTHER POINTS SOUTH

- 95 North
- 695 North (towards Towson)
- Exit 18A onto Liberty Road (toward Lochearn)
- Left onto Northern Parkway
- Left onto Metro Drive (marked by sign that says Seton Business Center)
- Take Metro Drive approx. one mile to the end at 6151 Metro Drive

FROM THE WEST

- I-70 East
- Merge onto 695 North (towards Towson)
- Exit 18A onto Liberty Road (toward Lochearn)
- Left onto Northern Parkway
- Left onto Metro Drive (marked by sign that says Seton Business Center)
- Take Metro Drive approx. one mile to the end at 6151 Metro Drive

FROM THE NORTH

- I-83 SOUTH
- Take Northern Parkway exit #10A-10B
- Keep right at the fork in the ramp
- Merge onto Northern Parkway (west)
- Take Northern Parkway to Metro Drive
- Right onto metro Drive (marked by sign that says Seton Business Center)
- Follow Metro Drive approx. one mile to the end at 6151 M

PUBLIC TRANSPORTATION

Reisterstown Plaza Metro Stop is close by. Take the foot bridge across Wabash Ave., go across the parking lot and through the gate to the lot of our building.

**If you should need further directions or have any questions, please call us at 410-296-2272 and ask for extension 5318*
Family Education Series  
Family Dynamics/Stressors  
RSVP Form  
September 18, 2018

Please complete and return this form to the attention of Swanisha Hinton by October 19, 2018

Name:____________________________________________________________________________

Child’s Name:_____________________ ________________________________________________

Address:______________________________________City, State___________________Zip Code_______

Phone Number:___________________________________________________________________________

E-mail Address:___________________________________________________________________________

Do you have means of transportation? _______ Would you be able to arrange your own transportation?_____

Would you be able to assist someone within your neighborhood with transportation?_____

______ Will be able to attend Number of adults ____________

______ Will need childcare Number of children ____________

Name of adults that will be attending:

_________________________________________________________________________________________

_________________________________________________________________________________________

Name of Children who will attend childcare:

_________________________________________________________________________________________

**Please complete one childcare form for each child. Form is located on back of registration form. **

If special accommodations are required, please call Swanisha Hinton at:

410-296-2272 ext. 5306 or by e-mail at shinton@thearcbaltimore.org

______ Will not be able to attend

______ We are interested in attending future Family Education Series
Childcare Form

Date: October 19, 2018

ANY ADULT PICKING UP A CHILD MUST SHOW AN ID!!

Child’s Name:________________________________________________  Age:___________

If your child has a disability, please specify: _________________________________

Does your child require 1 on 1 care, explain: ________________________________

Does your child need help using the bathroom; if yes, explain: ____________________

____________________________________________________________________________

Does your child have a bathroom schedule or will your child let us know when he/she will use the bathroom? _________________________________

If so, how often should we take your child to the bathroom? ______________________

Is there anything that disturbs or upsets your child such as being touched, talked to loudly etc. that we should know about? _________________________________

____________________________________________________________________________

We will be providing pizza for children attending childcare. Please answer the following questions:

May your child have pizza with the other children? ________________________________

How many slices of pizza are appropriate for your child? ___________________________

How many glasses of juice or water are appropriate for your child? __________________

What time should your child stop eating? ____________________ drinking? ________________

Will you be providing food / beverage for your child? If yes, please specify feeding instructions:

____________________________________________________________________________

Information needed the night of the event:

When was your child’s last diaper change? _________________________________

If your child requires to be changed, may we do so or would you like us to notify you? _______

When was your child’s last bottle? _________________________________

How often do they take their bottle? ________________________________